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DONATED ROLLED WHEAT

a good choice for the thrifty family

Quick—Cooking
Whole grain!



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PROCUREMENT SECTION
CURRENT SERIAL RECORDS

EAT hot cooked Rolled Wheat
with milk



Use ROLLED WHEAT in --

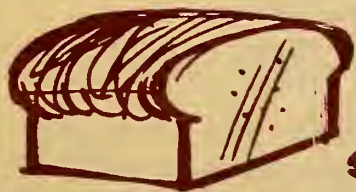
Cookies



Pancakes



Breads



Meat Loaves
and Patties



Cakes



Can be used in place of Rolled Oats in recipes.

- Fluid milk made from nonfat dry milk may be used in these recipes.
- Use unsifted flour in these recipes.

COOKED ROLLED WHEAT

- 1 teaspoon salt
- 1 quart (4 cups) water
- 2 cups uncooked quick rolled wheat

Add salt to water and heat to boiling. Slowly pour and stir in rolled wheat.

Lower heat, cover and cook about 3 minutes until thickened.

Remove from heat. Cover pan and let stand a few minutes before serving.

Makes 4 cups cooked rolled wheat.

MEAT PATTIES IN GRAVY

- 1 small onion
- 1/2 green pepper
- 1 pound ground beef
- 3/4 cup uncooked quick rolled wheat
- 1 teaspoon salt
- 1/3 cup fluid milk
- 2 tablespoons flour
- 1 cup water

Chop onion and green pepper.

Mix ground beef, rolled wheat, salt, and milk. Shape into 12 thin patties.

Cook patties on a heated greased fry pan until browned on both sides. Remove from pan.

Drain most of fat from pan. Stir in flour, onion, and green pepper. Slowly stir in water. Cook and stir about 3 minutes until thickened.

Put patties into gravy and heat.

Makes 6 servings, 2 patties each.

TOP-OF-STOVE MEAT LOAVES

- 1/2 small onion
- 1 pound ground beef
- 1/2 cup uncooked quick rolled wheat
- 1/4 cup fluid milk
- 1 egg
- 1 teaspoon salt
- 2 cups cooked or canned tomatoes
- 2 tablespoons brown sugar
- 1 tablespoon vinegar

Chop onion.

Mix onion, ground beef, rolled wheat, milk, egg, and salt. Shape into 6 small loaves.

Cook meat loaves in a fry pan until browned on all sides.

Mix tomatoes, brown sugar, and vinegar. Pour over meat loaves.

Cook over medium heat about 30 minutes until sauce thickens.

Makes 6 servings, 1 meat loaf each.

ROLLED WHEAT COFFEE CAKE

- 3/4 cup fluid milk
- 3/4 cup uncooked quick rolled wheat
- 1 cup flour
- 2 teaspoons baking powder
- 1/2 teaspoon salt
- 1/2 cup fat (margarine or butter)
- 1 cup white sugar
- 2 eggs
- 1 teaspoon vanilla
- 1/4 cup brown sugar, packed
- 1/2 teaspoon nutmeg, if you like

Pour milk over rolled wheat and let soak 15 minutes.

Mix flour, baking powder, and salt. Set aside.

Mix fat and white sugar in a large bowl. Add eggs and beat well.

Add half of the flour mixture to egg mixture. Stir in half of rolled wheat mixture.

Add rest of flour mixture and vanilla. Mix well. Stir in rest of rolled wheat mixture.

Fill a greased baking pan half full.

Sprinkle brown sugar and nutmeg (if used) over top.

Bake at 375° F (moderate oven) about 30 minutes until golden brown. Serve warm.

ROLLED WHEAT PANCAKES

½ cup flour
½ teaspoon salt
2 teaspoons baking powder
1 tablespoon sugar
2 eggs
¼ cup fluid milk
2 tablespoon melted fat or oil
1 cup cooked rolled wheat, cooled

Mix flour, salt, baking powder, and sugar. Set aside.

Beat eggs in a large bowl. Add milk. Stir in fat or oil and rolled wheat.

Add flour mixture to rolled wheat mixture. Stir just enough to mix.

Cook pancakes on heated greased fry pan until covered with bubbles. Turn pancakes and brown the other side.

Makes about 12 small pancakes.



PANCAKES

ROLLED WHEAT CHOCOLATE CAKE

½ cup fat (margarine, butter, or shortening)
1 ½ cups sugar
2 eggs
1 ½ cups cooked rolled wheat, cooled
1 cup flour
1 teaspoon baking soda
½ teaspoon salt
½ cup cocoa
1 teaspoon vanilla

Mix fat, sugar, and eggs. Beat well.

Add rest of ingredients. Beat well.

Fill greased baking pan half full.

Bake at 350° F (moderate oven) about 35 minutes until cake springs back when lightly touched near center.

ROLLED WHEAT APPLE BARS

1 cup flour
½ teaspoon salt
½ cup brown sugar, packed
1 cup uncooked quick rolled wheat
½ cup fat (margarine or butter)
3 medium-size apples
¼ cup white sugar

Mix flour, salt, brown sugar, and rolled wheat. Mix in fat with a fork until mixture is crumbly.

Spread half of the mixture in a greased baking pan (about 8-inch square) and press down firmly.

Pare and slice apples and put over the crumb mixture.

Sprinkle white sugar over apples.

Cover with rest of crumbs and press down firmly.

Bake at 350° F (moderate oven) about 40 minutes until lightly browned on top.

Makes about 16 pieces.



CAKE

ROLLED WHEAT COOKIES

½ cup fat (margarine or butter)
½ cup white sugar
½ cup brown sugar, packed
2 eggs
1 ½ cups flour
1 teaspoon baking soda
½ teaspoon salt
1 or 2 teaspoons cinnamon
1 ½ cups uncooked quick rolled wheat

Mix fat and both kinds of sugar.

Add eggs and beat well.

Mix in flour, baking soda, salt, and cinnamon.

Stir in rolled wheat.

Let dough stand 20 minutes or chill several hours in refrigerator.

Drop dough from a teaspoon on a greased baking pan.

Bake at 375° F (moderate oven) about 10 minutes until lightly browned.

Makes about 4 dozen cookies.



COOKIES



ROLLED WHEAT RAISIN CRISPIES

1 cup fat (margarine, butter, or shortening)
2 cups brown sugar, packed
2 eggs
2 cups flour
1 teaspoon baking soda
1 teaspoon salt
2 cups uncooked quick rolled wheat
1 cup raisins

Mix fat, sugar, and eggs. Beat well.

Mix in flour, baking soda, and salt.

Mix in rolled wheat and raisins. Drop dough from teaspoon on baking pan.

Bake at 375° F (moderate oven) 10 to 12 minutes until lightly browned.

Makes 4 dozen cookies.

TOASTY PEACH CRISP

⅓ cup flour
½ teaspoon cinnamon
½ cup brown sugar, packed
1 cup uncooked quick rolled wheat
⅓ cup fat (margarine or butter)
5 cups fresh or canned sliced peaches, drained
½ cup white sugar (for fresh peaches only)

Mix flour, cinnamon, brown sugar, and rolled wheat. Mix in fat with a fork until mixture is crumbly. Set aside.

Put peaches in a greased baking pan. Mix fresh peaches (if used) with sugar. Sprinkle crumb mixture on top.

Bake at 375° F (moderate oven) about 30 minutes until fruit is tender and top is browned.

Makes 6 servings, about ⅔ cup each.

APPLE CRISP

Use recipe for Toasty Peach Crisp. Use 5 cups of sliced fresh apples in place of fresh peaches. Cook until apples are tender.